



Diabetes HealthSense and Video Series: Talking Points

NDEP encourages partners to utilize and promote NDEP's behavior change resources — NDEP's video series and Diabetes HealthSense (formerly known as the Support for Behavior Change Resource) — to support lifestyle change. Below are talking points about the video series and Diabetes HealthSense.

Partners can incorporate these talking points in presentations, meetings, as well as media outreach activities. For tips and tools to assist you in conducting media and promotional outreach, please refer to NDEP's Promotional Toolkit for Partners, Section III: "Tips for Working with the Media," www.YourDiabetesInfo.org/media/ndep_promotional_toolkit.pdf.

- The National Diabetes Education Program (NDEP) offers a series of three- to-five-minute videos focused on helping people make lifestyle changes and cope with the demands of diabetes.
- Many people know *what* to do to improve their health, but figuring out *how* to do it can be one of the biggest challenges. For example, people know that being physically active can help them lose weight. But many do not know how to take the necessary steps to become more physically active and keep it up over time.
- The video series—which features NDEP partner experts as well as people living with diabetes or working to prevent type 2 diabetes—addresses some of the following topic areas:
 - setting goals to improve your health
 - managing type 2 diabetes
 - living with type 2 diabetes: finding the support you need
 - preventing type 2 diabetes
 - maintaining a healthy weight
 - practical tips and action steps for physical activity
- The video series is part of NDEP's online library of behavior change resources called Diabetes HealthSense (www.YourDiabetesInfo.org/HealthSense).
- Diabetes HealthSense includes links to tools and programs to help people set goals and find ways to deal with the stress and emotions that can prevent a person from achieving their goals — whether they have diabetes or are at risk for the disease.
- Diabetes HealthSense provides health care providers and their patients with a searchable database of research, tools, and programs to address psychosocial and lifestyle change challenges associated with diabetes self-management.
- Resources in Diabetes HealthSense have been reviewed by a team of leading independent experts on psychosocial issues with specific expertise in the science of behavior change.
- Diabetes HealthSense provides easy access to:
 - Resources that support people with diabetes and those at risk for the disease in making lifestyle changes and coping with the demands of diabetes

- Resources for health care professionals to help facilitate lifestyle changes in their patients, such as:
 - research articles on effective approaches to working with people with diabetes and those at risk by supporting them in making and sustaining lifestyle changes and self-managing their disease
 - review articles, landmark studies, and meta-analysis on the science of behavior change and psychological health
- Resources to help communities and organizations improve the health of their constituents

General Diabetes Facts

- Diabetes affects nearly 26 million Americans—more than eight percent of the U.S. population. It is estimated that an additional 79 million adults have prediabetes, a condition in which blood glucose levels are higher than normal but not high enough to be called diabetes. (*CDC's National Diabetes Fact Sheet, 2011*)
- It is estimated that one out of every three Americans born in 2000 will develop diabetes by the year 2050. (*JAMA 2003; 290:1884-1890*).
- Every 24 hours, more than 5,000 new cases of diabetes are diagnosed. (*CDC's National Diabetes Fact Sheet, 2011*)
- Research has shown that when patients are successful at making positive changes in their behaviors, health outcomes improve. (*DAWN Study, also DPP & Look AHEAD studies support statement*).
- Type 2 diabetes is a serious disease that can be prevented or delayed by losing a small amount of weight—5 to 7 percent (10 to 14 pounds if you weigh 200 pounds)—and becoming more active. Make a family plan to have a healthy lifestyle.
- Managing your diabetes means making healthy food choices; staying at a healthy weight; being active every day; working to keep your blood glucose, cholesterol, and blood pressure under control; and taking your medications as prescribed.

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